



Cheese and Olive Bread

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup olives black chopped
- ☐ 0.5 cup butter softened
- ☐ 1 loaf bread french halved lengthwise
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon onion powder
- ☐ 2 cups mozzarella cheese shredded

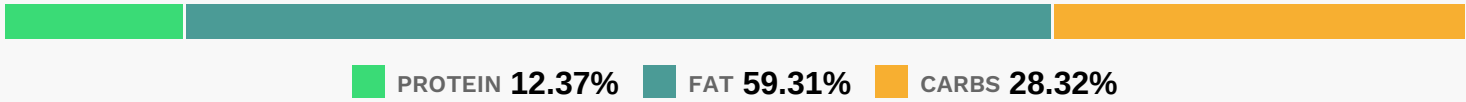
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir together butter and mayonnaise until smooth and creamy.
- ☐ Mix in garlic powder and onion powder. Then stir in cheese and olives.
- ☐ Spread mixture evenly over French bread, and place on a baking sheet.
- ☐ Bake in a preheated oven for 10 to 12 minutes. Increase heat to broil, and cook until cheese melts and bread is golden brown, about 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:20.21, Inflammation Score:-5, Nutrition Score:10.277391408449%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 383.65kcal (19.18%), Fat: 25.51g (39.24%), Saturated Fat: 12.23g (76.44%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 25.96g (9.44%), Sugar: 2.72g (3.02%), Cholesterol: 55.56mg (18.52%), Sodium: 744.27mg (32.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Selenium: 19.56µg (27.95%), Vitamin B1: 0.37mg (24.62%), Calcium: 177.01mg (17.7%), Vitamin B2: 0.3mg (17.66%), Folate: 64.82µg (16.21%), Phosphorus: 159.19mg (15.92%), Manganese: 0.28mg (13.89%), Vitamin K: 13.53µg (12.88%), Vitamin B3: 2.47mg (12.34%), Iron: 2.17mg (12.04%), Vitamin A: 581.53IU (11.63%), Vitamin B12: 0.67µg (11.18%), Zinc: 1.39mg (9.24%), Vitamin E: 1.04mg (6.94%), Magnesium: 23.45mg (5.86%), Fiber: 1.45g (5.8%), Copper: 0.09mg (4.7%), Vitamin B6: 0.08mg (3.77%), Potassium: 95.07mg (2.72%), Vitamin B5: 0.24mg (2.41%)